



Carrizo Springs CISD Wellness Plan

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

- Conducting SHAC meetings with Wellness Policy discussed at least quarterly.
- Post on the Carrizo Springs CISD District Website: www.cscisd.net
- Annual updates provided in a public forum at school board meetings.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Director of Curriculum, Instruction & Assessment, the Director of Child Nutrition, and the Director of Health and Safety are the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

The Board Policy FFA (LOCAL), Local Wellness Plan and the Wellness Plan Scorecard and all required documentation must be kept in a binder that is accessible for review.

Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:



Carrizo Springs CISD Wellness Plan

- Implementation local administrative regulation that requires campus administrators to keep record of items sold, other than items sold by Student Nutrition, and documentation that those items meet Smart Snacks. These will be reviewed by the Director of Student Nutrition before the items are sold to students.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: Each campus and building will ensure healthy nutritional messages are accessible to all students, staff and stakeholders.

Action Steps: Support Student Nutrition monthly promotions to include but not limited to, social media and audio-visual displays. Implement highlighted healthy nutritional messages a minimum of once per month.

School and Community Stakeholders: Present monthly promotions and marketing to the School Health Advisory Council (SHAC). Present nutritional messages on the digital menu boards.

Resources Needed: Posters and educational materials from USDA *i.e.* *MyPlate.gov*; *My Plate Guide to School Breakfast* and *My Plate Guide to School Lunch*

Measures of Success: Wellness Scorecard Documentation and present documentation of 4 annual activities at a minimum of one activity per semester, per campus

GOAL 2: The District shall deliver nutrition educational information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: The District will provide a link on their website to the Student Nutrition department in order to promote meal availability and participation as well as general nutrition information for children and families.

Action Steps: Include healthy nutritional tips via district wide messages to community stakeholders. To include but not limited to: Open House, Enrollment days, Fish Camp Days, PTO meetings, wellness activities/events, District Wellness Days, field days, extra-curricular programs and other events. Campuses will share Nutrition information such as campus menus and other information via social media.



Carrizo Springs CISD Wellness Plan

School and Community Stakeholders: Present monthly menus and education about the department digital menus to the School Health Advisory Council (SHAC)

Resources Needed: Computer and internet access

Measures of Success: Wellness Scorecard Documentation and present documentation of school menus at all levels and nutritional information that was provided to children and families with a documented date of availability.

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: All vending machines, menu boards, trash can wraps and all other food equipment as well as disposable cups used for dispensed beverages that have beverage and food marketing, those advertised foods must meet Smart Snack standards.

Action Steps: Present this information to District and Campus Administrators annually.

School and Community Stakeholders: School Nutrition services, Athletics department, PTA/PTO – existing contracts and consideration for new contracts, equipment and product purchasing (and replacements) decisions should reflect the application marketing guidelines.

Resources Needed: 100 % Compliance with federal and state regulations. Access to Smart Snack Standards, Smart Snack Calculator and updates.

Measures of Success: Wellness Scorecard Documentation and present documentation of information provided and audience.

Objective 2: All foods and beverages advertised and/or sold to students must meet Smart Snack Standards with the exception of six (6) exempt fundraiser days per campus as per Texas Department of Agriculture (TDA)

Action Steps: Present this information and a spreadsheet to campus Principals and District Administrators annually.

School and Community Stakeholders: Documentation of presentation provided to the School Health Advisory Council (SHAC).

Resources Needed: Smart Snack Standards, Smart Snack Calculator, Spreadsheet to sign up for exempt days, computer access.

Measures of Success: Wellness Scorecard Documentation and compliance with the 6 exempt days.



Carrizo Springs CISD Wellness Plan

Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: District personnel will provide nutrition education through a variety of setting. The District will use The USDA My Plate to provide nutrition/health lessons on K-5 campuses. Students will have nutrition education in grades 6-12 in their Health Education through Quaver curriculum.

Action Steps: Select age appropriate lessons and present to students. Classroom lessons, wellness activities/events, health nutrition tips in newsletters and Student Nutrition will provide healthy promotions on the digital menu boards.

School and Community Stakeholders: Each campus has a menu board in their cafeteria and will receive health promotions on the board. Documentation of action steps taken will be presented to the School Health Advisory Council (SHAC)

Resources Needed: Internet access, Wi-Fi access and seek out opportunities for health events and the adopted curriculum. Curriculum Team to make decisions on Health Textbooks, internet access, Wi-Fi access.

Measures of Success: Wellness Scorecard Documentation and present documentation of information provided to said audience.

GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: Physical Education teachers will support by including at least 1 activity per 6 weeks that supports the overall nutrition/wellness goals on K-8 campuses.

Action Steps: Select age appropriate lessons and present to PE teachers and SHAC. PE Teachers must have the means to provide the education to the students – consider tools accessible to each campus and PE teacher.

School and Community Stakeholders: Make sure Administrators, Principals and Teachers know when staff development opportunities are offered.

Resources Needed: Audio/Visual materials. Internet access, Wi-Fi access and seek out opportunities for health events and the adoption curriculum. Curriculum Team to make decisions on Health Textbooks, internet access, Wi-Fi access.



Carrizo Springs CISD Wellness Plan

Measures of Success: Wellness Scorecard Documentation and present documentation of information provided to said audience.

Goal 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: Designated district personnel shall be provided staff development for the Nutrition Education Curriculum.

Action Steps: Encourage campuses to incorporate Nutrition training into back to school staff training and professional development days.

School and Community Stakeholders: Director of Curriculum & Instruction, campus principals, health teachers, physical education teachers and Student Nutrition staff.

Resources Needed: Nutrition Education courses that can be taken online and/or courses that are implemented into back to school training (PD days)

Measures of Success: Wellness Scorecard Documentation and survey results in Eduphoria after completion of Professional Development (PD).

Objective 2: Food and Nutrition Services will provide continuing education for department employees to administer the National School Breakfast and Lunch Program.

Action Steps: Continue to provide at least six hours of education related directly to the food programs each year for employees.

Resources Needed: Approved and relevant continuing education.

Measures of Success: 100% of Food and Nutrition Service employees have at least six hours of education year.

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:



Carrizo Springs CISD Wellness Plan

Implementing Goals for Physical Activity

GOAL 1: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

- Elementary students in each grade will receive physical education for at least 135 minutes per week throughout the school year
- Secondary students in each grade are required to take the equivalent of one academic year of physical education.

Objective 1: Campus master schedules will be checked each semester to ensure that all TEA regulations concerning physical education are met by the school.

Action Steps:

- Elementary campus schedules are checked to ensure compliance with the TEA required 135 minutes.
- Exposure to a wide variety of recreation/leisure sports as well as traditional physical education is being written into the curriculum.
- Integrate physical activity into the academic curriculum is encouraged when appropriate.
- Enhance the quality of physical education curricula and provide training of physical education teachers through District-wide staff development.
- Encourage parent to support their children's participation by being active role models, and to include opportunities for physical activity at school events.

Resources Needed: Continued funding for the updating of Curriculum and support of the adopted Coordinated School Health Program.

Measures of Success: The use of breaks in the academic classroom setting to integrate movement into all classes when appropriate. Opportunities to attend conferences equal to other subject areas.

Some obstacles: Time; Opportunities for teachers to meet together to collaborate on ways to enhance the students educational based activities.

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: All teachers responsible for physical education on campus should participate at least once a year in professional development related to physical education.



Carrizo Springs CISD Wellness Plan

Action Steps: Physical Education Teachers will receive training at the beginning of the academic school year. 2. Teachers participate in ongoing physical education professional development provided in-district or out of district. 3. A record of professional development is recorded to note when and what professional development activities the teachers attend.

School and Community Stakeholders: Make sure Administrators, Principals and Teachers know when staff development opportunities are offered.

Resources Needed: Number of Physical Education trainings offered in the district. Dates and topics of physical education professional development meetings campus teachers have attended. Number of Physical Education teachers who participated in in-district PE training.

Measures of Success: Documentation of the Physical Education Teacher schedule for training and the staff development roster. `

Objective 2: Each campus will allow opportunities for participation in voluntary physical activities during the school day such as recess, breaks, and friendly competition.

Action Steps: Recess guidelines will be posted on the district web site to assist elementary campus administrators with the writing of master schedules for their individual campuses.

Resources Needed: Supervision and available activities

Measures of Success: Documentation of the Physical Education Schedules i.e. recess, breaks and friendly competition.

Objective 3: Each campus uses a variety of practices to include students with special health care needs in physical activities.

Action Steps: Encourage active participation; modifying type, intensity, and length of activity if indicated in individualized education plans.

1. Offer adapted PE classes
2. Use modified equipment and facilities
3. Ensure that students with chronic health conditions are fully participating when appropriate and able
4. Monitor signs and symptoms of chronic health condition.
5. Encourage students to carry and self-administer medications; assist students who do not self-carry
6. Encourage student to actively engage in self-monitoring (if parent/guardian and nurse so advise)

School and Community Stakeholders: District policy outlined in the student handbook.



Carrizo Springs CISD Wellness Plan

Resources Needed: 1. Documentation of practices used (instructional lesson plans). 2. Self-reporting of practices used to include students with special health care needs in PE.

Measures of Success: Wellness Scorecard Documentation and student participation.

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Each secondary level campus will offer opportunities for students to participate in organized physical activity either before or after school (or both) throughout the school year.

Action Steps: Campus administrators and staff may offer opportunities for students to participate in physical activity on campus after school in several ways.

- Organize physical activities with proper supervision available;
- Provide access to campuses, facilities and/or equipment.

School and Community Stakeholders: Parent/Guardians should be notified of the availability of such opportunities and encouraged to join their students in these activities.

Resources Needed: Staff and/or parent volunteers to supervise activities (when necessary). Facilities and equipment available outside of classroom hours.

Measures of Success: Wellness Scorecard Documentation and student participation.

GOAL 4: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Objective 1: The school district will offer its staff members accessible and free or low-cost physical activity/fitness programs.

Action Steps: Work with campus and district personnel to identify possible programs that promote employee fitness. Promote programs for staff through different media.

School and Community Stakeholders: Campus/district website, Employee newsletter, Flyers posted in employee lounges, Discussion at employee meetings.

Resources Needed: Registration or progress forms for physical activity/fitness programs offered.

Measures of Success: Use of program and enrollment count. Participation in events.



Carrizo Springs CISD Wellness Plan

GOAL 5: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

Objective 1: Offer use of District facilities as appropriate based on District policies.

Action Steps: District Tracks and playgrounds available for community to exercise. Jr. High and Elementary practice fields available for youth teams at no cost.

School and Community Stakeholders: Review GKD Local Policy regarding the use of district facilities annually.

Resources Needed: Review GKD Local Policy annually

Measures of Success: Wellness Scoreboard Documentation and participation.

Goal 6: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Plan and coordinate community events to involve parents and community members that provide physical activity in health education.

Action Steps: Department of parent and community engagement will host events and involve community partners to educate and create opportunity to promote healthy physical, mental, and emotional lifestyles. Create a calendar of events to promote to community.

School and Community Stakeholders: Distribute fliers outlining policy to campus administrators and PE teachers.

Resources Needed: Distribute flyers and will need Internet and Wi-Fi access.

Measures of Success: Wellness Scoreboard Documentation and participation by documenting and tracking community participation, list of events and list of community sponsors.

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.



Carrizo Springs CISD Wellness Plan

Objective 1: Campus administration and Student Nutrition will adhere to all recommendations and guidelines regarding sufficient eating time and cafeteria cleanliness, safety and environment.

Action Steps: Daily safety and sanitation practices, staff supervision to promote safe and secure facilities and active monitoring of sufficient eating time. Training, communication and oversight to staff, students and community.

School and Community Stakeholders: Building schedules, student code of conduct handbook and administrative employee handbook.

Resources Needed: Compliance with mandatory regulations for sanitation and safety. Provide a minimum of the recommended times for meal consumption of 10 minutes for breakfast and 20 minutes for lunch.

Measures of Success: Biannual Health Department inspections. Documented transaction times of meal acquisition – record keeping for time maintenance.

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Each campus will have a representative school health committee that meets four times per school year to oversee school health and safety policies and programs.

Action Steps: Establish school health committee composed of at least one member representing each of the following stakeholder groups:

- Administrator
- Physical Education teacher
- Nutrition services staff member
- Health education teacher
- School Nurse
- Parents of enrolled student
- Community Stakeholders

Schedule at least four meetings per academic year.

School and Community Stakeholders: Included in Action Steps

Resources Needed: Campus representative to organize and record meetings and disseminate information and implementation back to their respective campus and work area.

Measures of Success: Meeting attendance and successful health advisory meetings and goal achievement.